

JESSIE PAEGE

'S

twitter archive

#1

mental illness
isn't trendy



Jessie Paege @jessiep... 64h ~

mental illness isn't trendy. self love
should be trendy. treating others
with kindness should be trendy
respecting the triggers of those
that suffer with mental illness
should be trendy. putting a mental
illness on a t-shirt so be relatable
ain't right.

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Jessie Paege @jessie_ · 14 min

In honor of #WorldMentalHealthDay

- mental health awareness is essential EVERY DAY for all.
 - don't let mental illness define you
 - mental illness is not a look.
 - we need to stop letting television writers glorify mental illness.
 - kindness and love today.
- everyday.

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Jessie Paegge @jessie.. • 14 ✓

if you don't text someone back right away, it doesn't mean you don't appreciate them. we constantly have access to communication and for socially anxious people, that can be especially difficult to manage.

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Jessie Paege @jessie... 04 abr. ✓

to those with social anxiety that

- struggle to talk on the phone, but do their best
- hate crowds, yet challenge themselves to go to concerts every now and then

- get fearful before introducing themselves, but try their best to exude confidence

I'm incredibly proud of you

925 17617 21,6 0%



Jessie Paege @jessiep.. 17muv

Don't tell people with anxiety to

- "just stop worrying"
- "take a chill pill"
- "you're being annoying"
- "stop seeking attention"

this treatment is both unfair and unkind. you deserve better treatment.

57 542 1662



Jessie Paegel @jess... · 20 hours

Social anxiety isn't cured by just "talking to someone"

Anxiety isn't cured by "just stop being anxious"

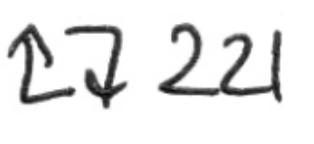
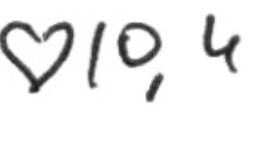
Eating disorders aren't cured by "just change your eating habits"

These are MENTAL illnesses that go beyond the surface. Your struggles should not be invalidated. Love ❤

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Jessie Paege @jessie ... - 10 min 
being mean is never attractive

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Jessie Paegge @jessie... -10cenni ✓

It's #World Suicide Prevention Day and here are some reminders

1. sometimes you need to tell someone your friend needs help, even if your friend tells you not to. It's because you care.
2. be respectful of triggers. Know your triggers and respect those of others.
3. Send love ❤

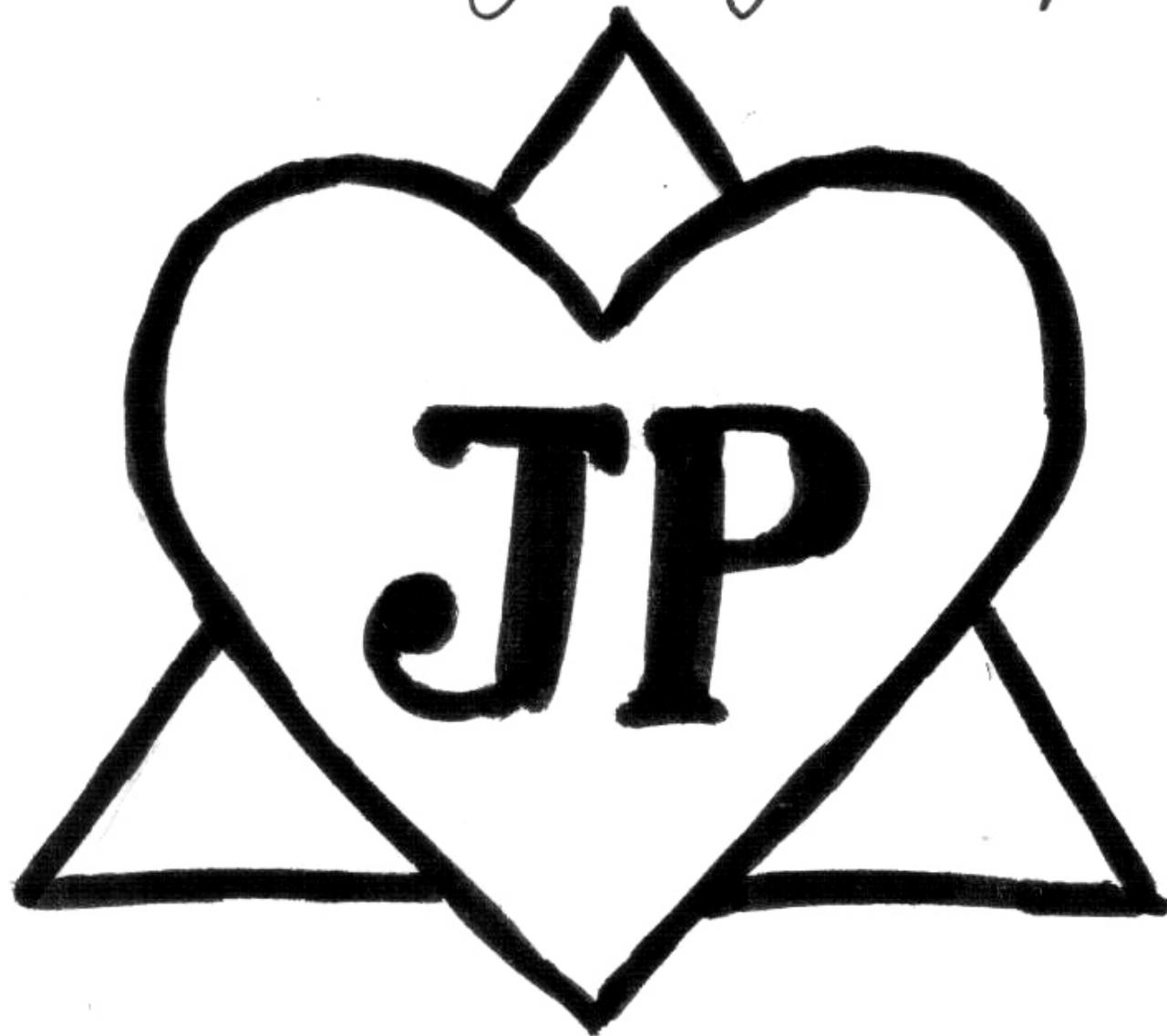
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tweets by @jessiepage



@nerdycupoftea